

Physical Education: General

Bachelor of Science

If you want to be a part of the solution to improve health, fitness and quality of life for youth and adults, you should consider a major in health, physical education or recreation. Many students in this major pursue a career in coaching. Coaches organize amateur athletes and teach them the fundamentals of individual and team sports.*

*Occupational Outlook Handbook

MWSU Health, Physical Education, Recreation Department

Students who major in the Department of Health, Physical Education and Recreation can expect to participate in a wide variety of experiences that go beyond their classroom work. They can also expect professors from a broad range of backgrounds and experiences who care about them and want to help them reach their career goals. Students are challenged to be actively engaged in the learning process, to develop practical application of skills and knowledge learned in their classes and develop critical thinking skills.

Students in the Health, Physical Education and Recreation Department gain practical experience that prepares them for their careers or graduate school. Upon graduation, they are prepared to plan, lead, organize and promote a variety of events and activities.

Career Opportunities

Careers in health, physical education and recreation offer opportunities for you to help youth and adults improve their health and help them explore fulfilling recreational activities. This field is always changing and improving.

The Physical Education General option provides career opportunities as coaches and sports specialists in a variety of settings. This option also offers a teacher education track that prepares students to earn the education certificate to teach Physical Education in elementary, middle and high schools. Graduates also pursue master's degrees in administration, physical education or health.

Admission Requirements

Physical Education Teaching Certification:

2.5 GPA, pass the CBASE with a 235 in each area and a 22 ACT score.

Contact Information

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Did you know?

Each year, department majors coordinate two fundraisers: Hoops for Heart and Jump Rope for Heart, with hundreds of school-aged children participating. The department was asked to present a workshop on planning these two events at a national convention.



Missouri Western State University

Bachelor of Science Major in Physical Education: General Option

This is the preferred sequence of classes for this degree at Missouri Western State University. Your schedule may vary depending on transfer credit, dual enrollment credit, or other individual cases. Please contact the Health, Physical Education, and Recreation Department regarding these special circumstances.

Freshman Year – First Semester

Course	Hours
ENG 104 – College Writing/Rhetoric	3
PED 101 – Fitness & Wellness	3
General Studies Social Science	3
General Studies Math (MAT 110 or higher)	3
General Studies Humanities	3
CED 131 – Griffon Edge**	1
Semester Total	16

** Griffon Edge is a 3-day orientation program held the week before classes begin in August.

Sophomore Year – First Semester

Course	Hours
BIO 250 – Anatomy & Physiology	5
PED 384 – Child Growth/Development	2
General Studies Humanities	3
Lifetime Sports PE Activity	1
Electives	4
Semester Total	15

Sophomore Year – Summer Session

PED 481 – Children's Lifetime Sports Academy	2
Semester Total	2

Junior Year – First Semester

Course	Hours
PED 303 – Kinesiology	3
PED 245 – Methods of Individual & Dual Sports	2
PED 391 – Personal & Environmental Health	3
PED 317/318 – Principles of Strength Training & Conditioning OR Principles of Aerobic Training	2
PED 374 – Psychology of Sport	2
General Studies Humanities	3
Semester Total	15

Senior Year – First Semester

Course	Hours
PED 385 – Principles of Athletic Training	2
PED 382 – Elementary School PE	3
PED 393 – Measurement in Physical Education	3
Electives	7
Semester Total	15

Freshman Year – Second Semester

Course	Hours
ENG 108 – College Writing/Research	3
COM 104 – Oral Communications	3
PED 191 – Foundation of Physical Education	3
General Studies Natural Science	4-5
General Studies Social Science	3
Semester Total	16-17

Sophomore Year – Second Semester

Course	Hours
PED 305/306 – First Aid OR Sport Safety Training	2
PED 243 – Methods of Adventure Activities	2
PED 390 – Perceptual Motor Development	2
PED 244 – Methods of Team Sports	2
General Studies Social Science	3
General Studies Natural Science	4-5
Semester Total	15-16

Junior Year – Second Semester

Course	Hours
PED 304 – Physiology of Exercise	3
PED 246 – Methods of Dance & Gymnastics	2
PED 380 – Rhythms & Creative Movement	3
PED 375 – Sociocultural Aspects of Sport & Physical Activity	2
PED 383 – Adapted Physical Education	2
Electives	4
Semester Total	16

Senior Year – Second Semester

Course	Hours
Electives	14
Semester Total	14

Comments:

Students interested in coaching or teaching physical education at the elementary or secondary level are required to complete the core credits plus the 22 credits physical education general option with a C or better in all courses. For teacher certification, students must have GOV 101, PSY 101, HIS 140/150, and BIO 101 and are required to maintain a 2.5 GPA minimum overall.